

SOURCES OF VITAMINS IN THE FOOD GUIDE PYRAMID

B₁ = thiamin
B₂ = riboflavin
B₆ = pyridoxine
B₁₂ = cyanocobalamin

**FATS,
OILS &
SWEETS**
USE SPARINGLY

E - oils (peanut, corn, cottonseed)

B₂ - milk, cheese

B₁₂ - milk, milk products

D - fortified milk

K - cheddar cheese

**MILK,
YOGURT
& CHEESE**
2-3 SERVINGS

**POULTRY,
MEAT, FISH,
DRY BEANS,
EGGS & NUTS**
2-3 SERVINGS

A - liver

B₁ - legumes, beef liver, pork

B₂ - chicken, organ meat

B₆ - chickpeas, salmon

B₁₂ - meat, eggs

NIACIN - liver, chicken, tuna, salmon

FOLACIN - black-eyed peas

A** - carrots, broccoli, endive, kale, asparagus

C - cabbage, broccoli, kale, green leafy vegetables

K - brussels sprouts, broccoli, kale, spinach

B₆ - carrots

VEGETABLES
3-5 SERVINGS

FRUITS
2-4 SERVINGS

A** - cantaloupe, watermelon, oranges, apricots

B₆ - bananas, avocados

C - grapefruit, oranges, strawberries, kiwi, cantaloupe

FOLACIN - oranges, avocados

**** Vitamin A is made by the body from the beta carotene that is found in fruits and vegetables**

BREAD, CEREAL, RICE & PASTA **6-11 SERVINGS**

A - whole grains, enriched breads, cereals

B₁ - whole grains, enriched cereals, wheat germ

B₂ - enriched cereals and breads

B₆ - whole grain cereals

K - cereals

NIACIN - whole wheat bread/grain and enriched cereals